



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Machalet, Tom

Club: TSV Alperstedt

Number: 1557

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Männer (20-29 Jahre)

Total time: 51:54

Speed: 11.56 km/h

Running performance: 5:11 min/km

Rank in course/Total: 412 (of 686)

Rank in course/Men: 362 (of 543)

Best time in course: 29:39

Rank in category: 48(of 69)

Best time in the category: 29:39

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total		Total min/km	Pos Cat.	Behind Cat.	Total ranking	
						Pos Men	Behind Men	km	Time				Pos Men	Behind Men
Runde	2.00	10:06	5:02	44	4:04	275	4:04	2.00	10:06	5:02	15		275	4:04
Runde	2.00	10:04	5:01	48	4:07	344	4:07	4.00	20:10	5:02	15		273	8:11
Runde	2.00	10:19	5:09	46	4:24	366	4:24	6.00	30:29	5:04	15		272	12:35
Runde	2.00	11:01	5:30	55	5:06	433	5:06	8.00	41:30	5:11	15		271	17:41
Leichtathletikhall	2.00	10:24	5:12	50	4:34	392	4:34	10.00	51:54	5:11	48	22:15	362	22:15